



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Thrive - Women's Group

**A weekly program designed for women who face challenges in relation to health and emotional issues that occur at any stage of life. Participants will learn from each other as well as from professionals on a range of mental health topics. The program includes an exercise and relaxation component.**

Program provides:

- A female community where one belongs and feels supported
- A forum to learn skills on gender specific content enabling one to thrive and feel empowered
- Craft activity each week
- Yoga, pilates or walk

## Program details:

**Where:** City Clinic  
Level 1/175 Collins St

**When:** Wednesdays 9.30am - 2.30pm

**Morning tea and lunch provided**

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## How much does it cost?

Costs are usually covered by your private health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

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## How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

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**For registration and further information contact call 6247 9960 or [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au) GP referral and private health insurance is required.**

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